

1

BURPEES

Count each time you stand up.



Level 1

8

Level 2

12

Level 3

16

2

WIDE STRIDE



Level 1

50



Level 2

70



Level 3

90

3

TUMMY TICKLER

Count each time you grab your legs.



Level 1

10

Level 2

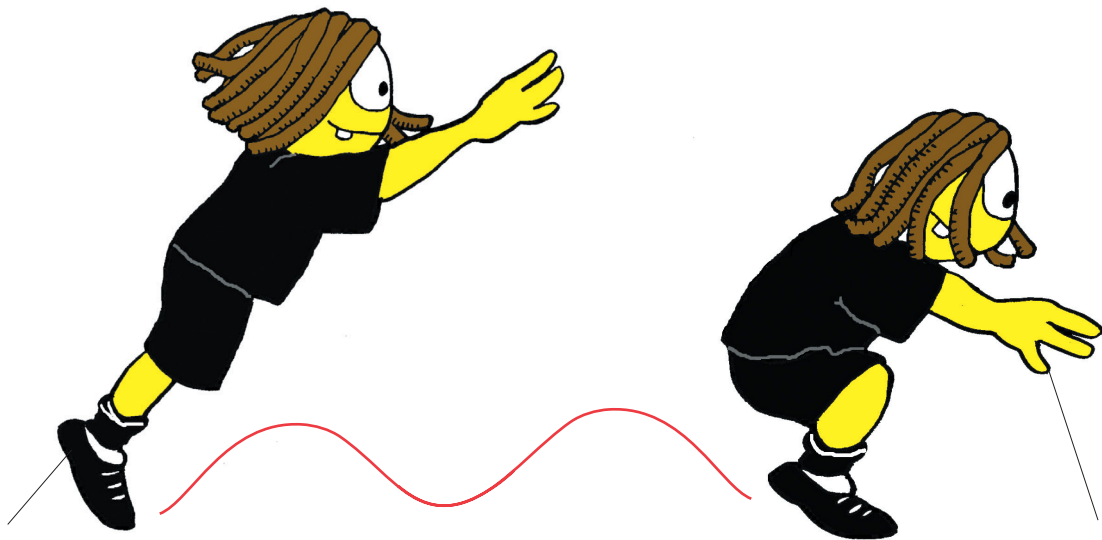
14

Level 3

18

4 BUNNY HOPS

Count for each mark reached.



Level 1

8

Level 2

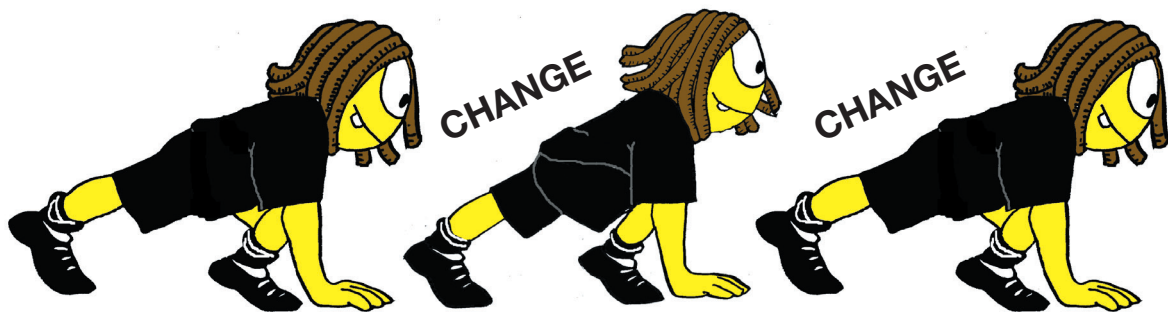
10

Level 3

12

5 LEG CHANGE

Count leg changes.



Level 1

30

Level 2

40

Level 3

50

STAR JUMPER

6



Level 1

20



Level 2

30



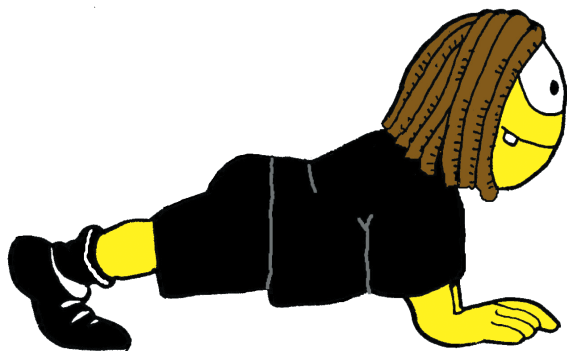
Level 3

40

7

CAPTAIN SALUTE

Change hands for each salute.



Level 1

40

Level 2

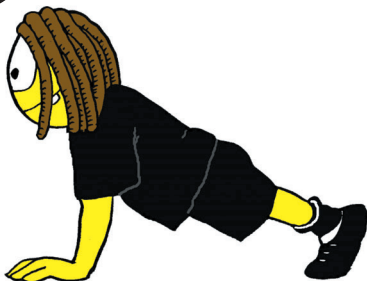
50

Level 3

60

8

PEG LEGS



Count each lift.
Change side for second set.



Level 1

5+5

Level 2

8+8

Level 3

12+12